



IN REPLY  
REFER TO

**DEFENSE COMMISSARY AGENCY**  
HEADQUARTERS  
1300 E AVENUE  
FORT LEE, VIRGINIA 23801-1800

MPS

August 31, 2020

NOTICE TO THE TRADE – DECA NOTICE 20-75

SUBJECT: Thinking Outside the Box 2021, Display Periods 1-26

The purpose of this notice is to provide Industry with the attached Thinking Outside the Box (TOTB) 2021 meal plans for display periods 1-26.

The TOTB program, which encompasses Dietician approved recipes, aims to encourage and teach military members and their families how to cook more meals at home. By doing so, healthy living is encouraged and the basket size increases.

The commissary continues to work with the Department of Defense to address the health and wellness needs of the military community. Continuing in 2021, in addition to shelf stable items for TOTB, we have elected to include more dairy, frozen, meat, and produce items in our recipes.

Industry representatives are encouraged to review the attached list and submit promotional opportunities, to include cooking demos, to the category managers in support of this program. Any offer received that is the best price versus like items within the category will receive an additional 10% margin investment. As an example, if your offer of 20% savings beats all other competitors on its own merit, the commissary will invest an additional 10% during that two-week display period. If selected, not only will your item be highlighted as part of the Dietitian Approved Recipe, it will also be featured in our Commissary Sale's Flyer.

Point of contact for this notice is Ms. Deborah Harris, [Deborah.Harris2@deca.mil](mailto:Deborah.Harris2@deca.mil), (804) 734-8000 extension 48751, or Ms. Kirsten O'Neil, [Kirsten.O'Neil@deca.mil](mailto:Kirsten.O'Neil@deca.mil), extension 48126.

Tracie L. Russ  
Director, Sales

Attachments:  
As stated

cc:  
Marketing  
Logistics  
Store Operations  
Area Directors  
Zone Managers  
Store Directors

**DP 1 - Hearty Beef Stew**

Low-sodium beef broth  
Frozen veggies  
Tomato paste  
Worcestershire sauce

**DP 2 - Chile Chicken Nachos**

Whole grain tortilla chips  
Canned corn  
Cheese  
Canned jalapenos  
Red/pinto beans  
Nonfat plain Greek yogurt

**DP 3 – Fried Rice**

Long grain brown rice  
Sesame oil  
Low-sodium soy sauce  
Frozen peas and carrots

**DP 4 – Chicken Noodle Soup**

Frozen boneless skinless chicken breast  
Whole wheat/whole grain lasagna noodles  
Low-sodium chicken broth  
Frozen peas

**DP 5 - Fajita Bowl**

Sliced frozen peppers  
Brown rice  
Black beans  
Canned corn

**DP 6 – Irish Stew**

Tomato paste  
Frozen peas and carrots 16 oz.  
Low-sodium beef broth  
Red wine vinegar

**DP 7 – Brown Rice Pilaf/Chicken Breast Skillet**

Dried parsley  
Whole wheat spaghetti noodles  
Brown rice  
Frozen broccoli

**DP 8 – Ham Bone Navy Bean Soup**

Dried navy beans  
Bay leaf  
12-16 oz. bag frozen okra  
32 oz. low-sodium chicken broth

**DP 9 – Salmon Quesadillas**

Whole wheat soft tortillas  
Nonfat plain Greek yogurt  
Sliced black olives  
Dried basil  
Salsa

**DP 10 -Tofu Curry**

Tofu  
Curry  
Canned diced Tomatoes  
Brown Rice

**DP 11 – Kielbasa Skillet Dinner**

Whole wheat/grain pasta  
Shredded parmesan cheese  
Low fat kielbasa sausage  
Balsamic vinegar

**DP 12 - Quick White Bean, Chicken, and Kale Soup**

Cannellini beans  
Frozen cooked chicken  
Low-sodium chicken broth  
Barley

**DP 13 – Shrimp Tacos**

Hard taco shells  
Sharp cheddar cheese  
Salsa  
Fat free refried beans

**DP 14 – Crab Cakes**

16 oz. chilled can lump crab  
Bread crumbs  
Spicy brown mustard  
Mayonnaise

**DP 15 – Mediterranean Chickpea Salad**

Canned black olives, pitted 3-6oz.  
Feta Cheese, 4 oz.  
Low-sodium canned chickpeas, 12-16 oz.  
Lemon juice (small jar)  
White wine vinegar (small jar)

**DP 16 – Eggplant Parmesan**

Canned crushed tomatoes, 14-16 oz.  
Tomato paste, 6-8 oz.  
Bread crumbs  
Shredded Mozzarella, 8 oz.  
Minced garlic  
Italian seasoning  
Whole wheat or whole grain pasta, 12-16 oz box

**DP 17 – Pineapple Chicken Fried Rice**

Instant brown rice  
Frozen pineapple chunks or canned no sugar added pineapple chunks, 10-16 oz  
Frozen peas and carrots, 10-12 oz.  
Sesame oil  
Hoisin sauce  
Cashews  
Frozen boneless chicken tenderloins or breast (uncooked), 1-3 lbs.

**DP 18 – Microwaved Zucchini/Spinach Italia no Bowl**

Shredded Parmesan cheese, 8-16 oz.  
Ricotta cheese, 4-8 oz.  
Marinara sauce, 16-24 oz.  
Lemon pepper seasoning

**DP 19 – White Bean and Tuna Salad**

Low-sodium cannellini beans, 14-16 oz.  
Canned albacore tuna chunks, 6-8 oz.  
Sunflower seeds (seeded)  
Balsamic vinegar

**DP 20 – Green Chili Burritos**

Frozen cooked, peeled, and deveined shrimp (medium size), 16-20 oz. bag  
Low-sodium black beans  
Canned green chilies, 2-4 oz.  
Low-sodium canned sweet corn, 14-16 oz.  
Shredded mozzarella  
Whole grain tortillas

**DP 21 – Spicy Turkey Sausage “Breakfast” Hash**

Low-sodium navy beans, 14-16 oz.  
Low-sodium chicken broth, 14-16 oz.  
Turkey kielbasa sausage, 12-16 oz.  
Tomato paste, 6 oz.

**DP 22 – Mandarin Chicken Salad Bagels**

Canned chicken, 12-16 oz.  
Greek yogurt, 8 oz.  
Dijon mustard  
Whole grain/wheat bagels  
Black pepper  
Chopped walnuts, 8 oz.  
No sugar added canned mandarin oranges, 12-16 oz.

**DP 23 – Harvest Chicken Casserole**

Wild rice  
Dried cranberries  
Low-sodium chicken broth  
Sliced almonds

**DP 24 – Microwave Vegetarian Chili**

Low-sodium canned corn  
Frozen sliced pepper and onion mix  
Low-sodium pinto beans  
Low-sodium petite cut diced tomatoes  
Chili powder  
86 percent dark chocolate candy bar

**DP 25 – Chew Oatmeal Raisin Cookies**

Raisin and/or dried cranberries  
Rolled oats  
Whole wheat flour  
Unsweetened applesauce  
Chopped pecans

**DP 26 – Grits with Bacon and Black-eyed Peas**

Quick grits  
Low-sodium canned diced tomatoes  
Low-sodium canned black-eyed peas  
Frozen collard greens  
Turkey bacon